



HSA

www.strengthenmembers.ca

**Join Alberta's
#1 EMS Union!**



The world's largest global newspaper



metro

CALGARY • TUESDAY, JANUARY 27, 2009

metronews.ca

Canadian Legal Resource Centre Inc.

CALL NOW! Mon-Sat Daytime & Evening Appointments
403.229.2774 **FREE CONSULTATION**

UNCONTESTED DIVORCES
Legal Separation Agreements
Spousal Land Transfers

www.canadianlegal.org

CRIMINAL RECORD?
Canadian Pardons
US Travel Waivers
Fingerprinting

21+ years experience
Voted #1 Paralegal
Why pay more?

Redford urged to resign over e-mail probe

SCANDAL Alberta's Justice minister needs to step away from her post after Mounties used a search warrant to seize documents from her office last summer, urged the province's New Democrats yesterday.

NDP Leader Brian Mason says Justice Minister and Attorney General Allison Redford should step aside as the RCMP continues to investigate who changed a government e-mail that was submitted as evidence into a Freedom of Information hearing.

"This is very serious and the government's interest in secrecy seems to be growing all the time," said Mason during a news conference.

METRO CALGARY

Health pg 14

In divorce, who gets the kidney?

Entertainment pg 14

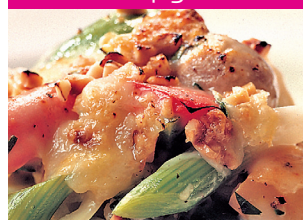


Springsteen returns

Finances pgs 10, 11

Planning for the future

Take Five pg 19



Need dinner inspiration?



Prime Minister Stephen Harper and Gov. Gen. Michaëlle Jean laugh before the speech from the throne in the Senate chamber in Ottawa yesterday. Harper's Conservatives are set to unveil the federal budget today. **More budget coverage, pgs 6, 9 & 12.**

What Alberta wants

Infrastructure, support for individuals top budget wish lists

KRISTA SYLVESTER
krista.sylvester@metronews.ca

The province's two largest cities have rolled out their wish lists for today's federal budget announcement and both mayors share a similar theme.

Calgary Mayor Dave Bronconnier and Edmonton Mayor Stephen Mandel agree that today's crucial budget announcement must address municipal infrastructure in each city.

"Edmonton would benefit from more federal government funding for infrastructure projects like expanding our LRT, finishing our overpasses, improving our roads, and building

Canada 2009 Federal Budget

new recreation centres," Mandel said.

And for Calgary, Bronconnier agrees, saying, "Municipal infrastructure and housing. Those are the two priorities that will keep the economy moving and create jobs, particularly in the housing industry."

Bronconnier and Mandel agree the investment in infrastructure will not only help build cities better, but also stimulate the economy.

"These are wise and smart investments that are

timely and needed that will keep the economy moving and keep us more competitive as a nation," Bronconnier said.

And Mandel believes "capital investment" creates jobs, when directed to areas that count.

While the cities' mayors know where they would spend the funding, Premier Ed Stelmach had less to say about money and more about support for the province and for "individual Albertans"

"(Such as) review the cost to small business of credit card transactions, looking at how we can work towards reducing some of our airport fees that are slated to increase about 130 per

\$7B earmarked

• John Baird announced \$7 billion for infrastructure yesterday, on the heels of a senior government leak last week indicating a projected \$34-billion deficit for the 2009 budget.

cent by 2010," Stelmach told reporters on Friday.

Scott Hennig from the Canadian Taxpayers Federation would be happy to see a "spending reduction" overall.

"We'd like broad-based tax relief and fewer tax brackets. And ultimately, our No. 1 priority will be doing all that with a balanced budget," Hennig added.

Council ignores parking rate flak

ALICIA FOX
for Metro Calgary

AGENDA Despite backlash from Calgarians on hikes in parking rates, the issue didn't make it onto council's agenda yesterday.

Several aldermen and the mayor voted against putting it back on the agenda, leaving council one vote short of the needed 10.

Parking rates recently went up to

as much as \$5 per hour for street parking, and to \$6.50 an hour from \$6.00 an hour for city-owned parkades.

Ald. Ray

Jones was among those who wanted to see it brought back to the table. He said he could see the issue coming back prior to budget finalization in March.

"I don't think it's a done deal," he said.

"Based on the phone calls we're getting, there's not a lot of happy people out there," he said, adding if the city rates were below market, "we'd have more people parking in our lots."

Salesman Jamie Moench travels around to downtown Calgary businesses and said not only is it hard to find downtown parking, he often has to wait for a client, which bumps his parking costs up.

"My parking has been upwards of \$50 to \$60 per day," Moench said yesterday, adding parking costs are already "extremely expensive."


ShareYourViews

calgaryletters@metronews.ca



"Review the cost to small businesses of credit card transactions."

Premier Ed Stelmach



"Municipal infrastructure and housing. Those are the two priorities."

Dave Bronconnier



"Expanding our LRT, finishing our overpasses, improving our roads"

Stephen Mandel

What do I do with my RSP contribution this year?

We'll make sense of it.

In today's financial climate, you likely have questions about which investment is right for your RSP. We'll help you make sense of your options, so that you can feel confident in your contribution. Visit your local BMO Bank of Montreal® branch and speak with a BMO investment professional.

BMO  Bank of Montreal
Making money make sense™

Power lunch

Calgary will recognize Canada's 100 most powerful women as chosen by the Women's Executive Network tomorrow at the Telus Convention Centre — with Joanne Cuthbertson, U of C chancellor, giving the luncheon keynote address. **METRO CALGARY**

3

Local



Contemplating circles

The Telus World of Science invites Calgarians to uncover the Secrets of Circles. The new exhibit opens Friday and features 18 interactive components teaching guests about the math, science and art of circles. For more information please visit calgaryscience.ca. **METRO CALGARY**

[scrubs]
10 Tonight



Citytv



News in brief

DRIVING Calgary police conducted a traffic enforcement blitz on Deerfoot Trail this weekend, nabbing drivers for aggressive driving, including speeding, following too closely and failing to signal before turning. Between Saturday and Sunday, police handed out 195 tickets, including one for careless driving, and issued two 24-hour suspensions. Each year, police respond to about 70 life-altering or fatal collisions that are often attributed to either alcohol or aggressive driving.

METRO CALGARY

metronews.ca

WHAT'S ONLINE TODAY

Video Tories announce billions in infrastructure funding, and Michael Ignatieff accuses the feds of having a "split personality" at metronews.ca/canada



Video Opponents of rate hikes not prepared to give up at metronews.ca/local

Space heater believed to have caused blaze that critically injured 4

JENNIFER HILLIKER
for Metro Calgary

A working smoke detector could have saved four people renting a basement suite in an early morning fire yesterday in NW Calgary, firefighters say.

Investigators have found only one smoke detector in the basement, which melted to the floor as a result of high heat during the fire. They believe the detector was not wired correctly and did not contain a battery.

"If it's not expired, not an old detector, maintained properly, cleaned and working, then we believe it would have gotten them out sooner," said Jeff Budai with Calgary firefighters.

Luckily Rob Hannigan, an upstairs tenant, woke up to the sounds of screaming, a dog barking and thick smoke creeping up from the basement of the bungalow where he rents.



Four people were taken to hospital in critical condition after a fire started in the basement of this home in the 500 block of 33 St. NW early yesterday.

He immediately grabbed a fire extinguisher in an attempt to help the young couple and their friends who live downstairs, but couldn't get past the heat and smoke.

"I'm quite worried about them," Hannigan said of the tenants. "I wish I could have done something to get them out. The ambulance showed up in about four or five minutes ... They all

came out unconscious."

The fire is believed to have started because of a space heater placed too close to combustible objects. Damages to the home are estimated at \$100,000.

Gridlock over racetrack lease

DISPUTE Race City is back to the bargaining table after city council voted down a motion that gave the track an easy way to extend its lease until 2015.

There are disputes between city administration and the racing track as to when the current lease expires, with the City of Calgary saying that it was up next year.

Although he couldn't give details — a motion was passed to keep the decisions made behind closed doors confidential for now — Ald. Ric McIver said, "I'm not happy," and that track operators will now have to work the details out with city administration.

Calgary Motor Sport Association executive Rick Francescone said that as a motor sporting group they'll be meeting and potentially looking at legal alternatives to "keep illegal street racing off the street."

"I knew it was going to be close," he said of the 7-7 vote, but he had counted on Ald. Dale Hodges' vote, who was away sick yesterday.

ALICIA FOX/FOR METRO CALGARY

GET A GREAT NEW CAREER IN LESS THAN A YEAR!

DIPLOMA PROGRAMS

HEALTH CARE Massage Therapy ✍ | Medical Office Administrator ✍ | Retail Pharmacy Technician ✍ | Medical Administrative Assistant ✍

TECHNOLOGY Network and Internet Security Specialist ✍ | Help Desk Support Analyst ✍

BUSINESS & LEGAL Paralegal ✍ | Business Administration E-Commerce Management ✍ | Accounting and Payroll Administrator ✍ | Professional Legal Assistant ✍ | Oil & Gas Administrative Assistant ✍ | Hospitality ✍ | Travel and Tourism ✍ | Business Administration Management ✍

- Financial Aid Available to Qualified Applicants
- Career Services Assistance
- High Graduate Employment Rates
- 9 Campuses in AB
- Classes Filling Fast – Call Now to Reserve a Seat

* Not All Programs Available At All Campuses.

✍ Pertains To A Reeves College Program
✍ Pertains To A CDI College Program

REEVES COLLEGE
Guiding Your Success

Calgary 403-290-1511 • Calgary Nth 403-769-1556
WWW.REEVESCOLLEGE.CA

CDI COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

1 888-245-6827
WWW.CDICOLLEGE.CA

Investigators have discovered the cause of a Saturday morning fire that destroyed one of the 11 suites at the 1800 block of 17A Street SW. They believe the blaze was caused by careless disposal of smoking material into a planter. Damage is estimated at \$250,000. **METRO CALGARY**

Aldermen raises barely pass vote

COUNCIL Despite his motion against it, a Calgary alderman will be getting his raise this year after all.

Ward 10 Ald. Andre Chabot's motion to cut council's pay raises to 2.75 per cent from 5.5 per cent failed yesterday after a 7-7 tie vote.

Ald. Dale Hodges was sick and not at the meeting to cast his vote, and could be the tie breaker if Chabot brings the motion forward again in 30 days. Chabot wanted council to show leadership in cutting their raises.

METRO CALGARY

Housing prices continue to drop

ECONOMY House prices in Calgary continue to decline, according to a Royal LePage study.

The average price for a two-storey home in the fourth quarter of 2008 dropped to \$408,263, down 11.6 per cent from the year before. The average price for a standard condo dropped 9.5 per cent to \$257,189 and the standard bungalow fell 4.5 per cent to \$410,333 during the same time.

METRO CALGARY

Kids get a taste of China

Martial arts group perform at Chinese New Year party

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Sounds of "oohs" and "ahhs" echoed into the hallways of Connaught School yesterday as excited students watched Chinese martial arts and dance performances.

Dozens of students, teachers and parents enjoyed the sights and sounds of the performances as they celebrated the Chinese New Year at the southwest school after lunchtime.

"This is such a wonderful opportunity for the children to see. They absolutely love it and I think it brings an element of discipline and fun," school principal Fran McGilvray Cooke said.

It was the second year in a row the Calgary Tai Chi and Martial Arts College performed at the culturally diverse school, she added.

"We have a lot of students with an Asian background and actually we have 36 different cultures and languages at our



Nick Yee, 15, shows off his skills with a traditional spear as members of the Calgary Tai Chi and Martial Arts College perform lion dancing and martial arts demonstrations for the kids at Connaught School in celebrating the Year of the Ox.

school," McGilvray Cooke said.

And students weren't the only ones mesmerized with the acrobatic per-

formances of the six-man group.

"It was very spectacular and very nice to watch. This was my first time and

I think it was great. The kids really love it," father Sami Meddeb said after the show.

The group performed martial art numbers as well as lion dances to celebrate the Year of the Ox, tai chi master Geng Z. Cai said.

"They have a lot of fun performing at different schools and at the Chinese Cultural Centre for the Chinese New Year," he added.

Calgarian wins Red Bull ice race

JENNIFER HILLIKER
for Metro Calgary

SKATING Calgarian Kerri-Anne Wallace conquered the icy streets of Quebec City last weekend, taking home the first-ever win for a woman at the Red Bull Crashed Ice competition.

Wallace skated down Quebec City's 550-metre man-made urban ice track, which featured a sequence of sharp turns, ice steps and gap jumps. This is the first year women have been allowed to compete.



Kerri-Anne Wallace

"It feels phenomenal to be the first woman to win Red Bull Crashed Ice," Wallace said. "It's an honour, truly an honour. I didn't know what to expect, but I knew it was going to be a full adrenaline rush and that's the reason why I signed up. I didn't expect to win. I'm absolutely coming back next year."

Wallace wasn't even supposed to compete in the final due to a knee injury she suffered during one of the qualifying rounds.

"No way am I missing this. Get the tape," Wallace recalled saying.

LASIK MD
VISION

LASIK Now. Pay in 2010.

LASER VISION CORRECTION

Starting at

\$490 /eye*

NEW FINANCING

\$0	\$0	0%
Down	Payments	Interest
UNTIL JANUARY 2010†		



Dr. Richard Leger
MD, FRCSC
40 000 procedures

FREE Consultation: 403-444-4444

www.lasikmd.com

CALGARY: 734, 7th Avenue SW, Suite 900

**Ask about our
Lowest Price
Guarantee**



* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.
† Subject to Desjardins Card Services credit approval. No payments, no interest until January 2010.

Halifax | Montréal | Ottawa | Toronto | Winnipeg | Edmonton | Vancouver

MRL CAPITAL TRUST

**Invest in the Canadian and
U.S. Real Estate Markets**



**\$1,000.00 Gets You Started
R.S.P Eligible**

**Tax Free Savings Account Eligible
In Non-leveraged Investments**

**Bringing You to the Front Line
of Real Estate Investment
From The Comfort Of Your Armchair**

Agent Inquiries Welcome

**"Bad news is an investors best friend.
It lets you buy a slice of America's
future at a marked down price."**
Warren Buffet - CNN Money



For information and seminar registration call
877-399-8886 or go to **www.mrlcompanies.com**

FINAL CLEARANCE!

UP TO 70% OFF

Great value now on apparel, intimates and sleepwear throughout the store

Prices as marked. Selection will vary by store.

PLUS: SAVE AN EXTRA 30%

- **Women's, men's & kids' clearance-priced fashions & footwear**

Excludes West End Shop, Lauren by Ralph Lauren & Anne Klein New York. Off our last ticketed prices.

- **All women's clearance-priced wallets & handbags.** Off our last ticketed prices.

SAVE AN EXTRA 50%

On clearance-priced watches, sterling silver, stainless steel & fine jewellery

Includes gold, diamond, gemstones, cubic zirconia & cultured pearl jewellery. Off our last ticketed prices.

EXTRA % CLEARANCE OFFERS ON NOW UNTIL JANUARY 29TH.

PLUS MORE GREAT SAVINGS THIS WEEK!

Tuesday, Jan. 27th to Thursday, Jan. 29th



30% OFF

MEN'S SHOES

BY CLARKS, NUNN BUSH, STACY ADAMS, MANTLES™ & UNLISTED BY KENNETH COLE
Reg. \$75-\$120 Sale \$52.50-\$84



50% OFF

TROUSSEAU 10 KT. & 14 KT.
GOLD JEWELLERY



50% - 65% OFF

LUGGAGE

BY AIR CANADA, ATLANTIC, DELSEY, EDDIE BAUER, TRAVELPRO, SAMSONITE, SKYWAY & MORE
Reg. \$25-\$700 Sale \$10-\$350
Excludes any items with 97¢ price endings.



40% OFF

MEN'S CASUAL PANTS

BY DOCKERS & PERRY ELLIS PORTFOLIO
Off our regular prices.



50% OFF

ALL COOKWARE SETS

PLUS, 20% OFF
OPEN STOCK COOKWARE. Excludes All-Clad.



30% OFF

ALL BATH ACCESSORIES,
SHOWER CURTAINS, LINERS,
HOOKS & SCALES

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salvati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "MANAGER'S SPECIAL" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store - no rainchecks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details. Excludes Manager's Specials & Everyday Value Priced Items. Purchase any mattress set, have it delivered and we will give you a discount equivalent to the cost of the standard local delivery.



WWW.THEBAY.COM

Manitobans are bucking the green trend by throwing away more garbage than ever before, earning the dubious distinction of being the worst recyclers in the country. Statistics Canada says that although 97 per cent of Canadians who have access to recycling programs use them, only 88 per cent of Manitobans do. **CBC NEWS ONLINE**

Canada



A new use for Aspirin

Aspirin is at it again. And this time, it's the liver's turn to benefit. According to a new study, you can likely add liver protection from drugs, alcohol and other blood-borne toxins to the list of medical benefits acetylsalicylic acid can claim, including preventing or alleviating arthritic inflammation, heart attacks, stroke and several types of cancer.

TORSTAR NEWS SERVICE

Canada 2009

Federal Budget

Upcoming Coverage Tomorrow

- The breakdown on who gets what
- Reaction from the Opposition coalition
- Profiles on locally affected families
- How did Canada's major cities fare?
- Will the auto industry get help?
- Infrastructure and the environment
- Social housing and the Tory plans for EI
- Kate Mac-Namara from CBC gives Metro her take



Political main event arrives

Words aside, the numbers are what count, and today's federal budget was always the main event. The speech from the throne, delivered yesterday by Gov. Gen. Michaëlle Jean, reopened the 40th Parliament with a brief, gloomy prelude to the budget that the government has already said will bring tax relief and about \$13 billion in new spending.

Billions of dollars in tax breaks for the middle class, including incentives for home renovations, are expected to be unveiled today as the Conservatives seek to maximize the bang



Jim Flaherty

for the buck in their big-spending budget. The tax cuts will highlight a massive economic bailout plan with tens of billions of dollars in new federal spending and tax measures, \$2 billion in help for the jobless, cash for the auto industry, \$7 billion for urban reconstruction and measures to free up consumer and business loans. The budget will project a deficit of \$64 billion over the next two years. Details of the budget will be officially unveiled in Parliament this afternoon by Finance Minister Jim Flaherty.

TORSTAR NEWS SERVICE

National Wish Lists

Budget priorities from Metro newsrooms across the nation

HALIFAX

Like Christmas morning, many people across Nova Scotia will be waking up today hoping for tons of new loot. Nova Scotia Premier Rodney MacDonald is looking for green stimulus funds, but said some new projects, like twinning highways, need to be done. MacDonald also listed education, the Atlantic Gateway and more employment insurance money as priorities. Halifax Regional Municipality Mayor Peter Kelly said he hopes the money is distributed quickly.

TORONTO

Accelerating infrastructure projects and getting shovels in the ground are two priorities that Toronto Mayor David Miller and Ontario Premier Dalton

OTTAWA

The mayor of Ottawa has new funding for the city's infrastructure on his wish list. Aimed at creating jobs and boosting the economy, yesterday's announcement of \$7 billion in new infrastructure spending by Minister of Transport, Infrastructure and Communities John Baird will leave a lasting legacy on the city, Mayor Larry O'Brien said.

VANCOUVER

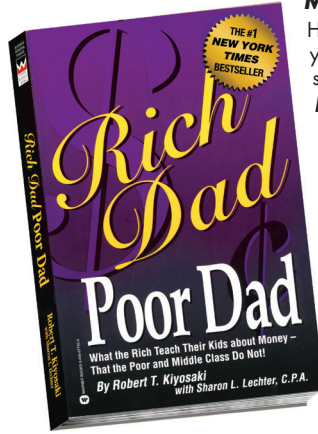
Social housing, transportation and sewage infrastructure top the wish list of B.C.'s largest cities. Vancouver Mayor Gregor Robertson wants funding for new social housing units and money to accelerate the completion of a light rail transit line to the University of B.C. Surrey Mayor Dianne Watts is hoping for sewage system upgrades. Premier Gordon Campbell said housing and highways are his priorities.

ton McGuinty

hope they can act on. That is, if today's federal budget comes through with the required federal funding both leaders seek. Politicians have complained that Ottawa has made repeated promises of cash from a \$33-billion federal infrastructure fund, but the money remains in limbo, stalling many projects.

Learn What the Rich Already Know About Money at Our FREE LOCAL EVENT

RICH DAD POOR DAD



My Poor Dad was educated and intelligent. He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D... all on full financial scholarships.

My Rich Dad never finished the eighth grade. Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known.

One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

Both men offered me advice, but they did not advise the same things.

My two dads offered me the perspective of contrasting points of view: a rich man's view and a poor man's view. This forced me to think about, and ultimately choose, a new way of thinking for myself. A way of thinking that assures financial security and prosperity! Now, through my books and workshops, I can share my mindset with anyone interested in mastering the Rich Dad® way of thinking – and use it to create true long-term wealth.

FREE Learn To Be Rich™ Workshop



Based on the Book & Teachings of World Famous Author Robert Kiyosaki

COMING TO THE CALGARY AREA ON FEBRUARY 3, 4 OR 5

CALL NOW TO REGISTER **1-800-315-2349**

Receive a **FREE CD-ROM!** "RICH DAD'S® BUDGETING YOUR MONEY" An excerpt from Robert's new best seller, Rich Dad's Increase your Financial IQ. It's **YOURS FREE** at the workshop!

Robert Kiyosaki does not participate in this event.



GET A GREAT NEW CAREER IN LESS THAN A YEAR


CLASSES FILLING FAST! Call Now to Reserve a Seat

DIPLOMA PROGRAMS

- ACCOUNTING & PAYROLL ADMINISTRATOR
- ACCOUNTING TECHNICIAN
- HOSPITALITY
- BUSINESS ADMINISTRATION / E-COMMERCE
- LEGAL ADMINISTRATIVE ASSISTANT
- MEDICAL OFFICE ADMINISTRATOR
- OIL & GAS ADMIN ASSISTANT
- PARALEGAL
- BUSINESS ADMIN MANAGEMENT

Calgary | Calgary North | Edmonton | Lloydminster | Lethbridge

- Financial Aid Available to Qualified Applicants
- Career Services Assistance
- Call Now to Reserve a Seat



REEVES COLLEGE
Guiding Your Success

Calgary 403-290-1511 • Calgary Nth 403-769-1556
WWW.REEVESCOLLEGE.CA



CALGARY

CENTRAL

TD Square
252-317 7 Ave. SW
(403) 571-7760
Gulf Canada Square,
222-401 9 Ave. SW
(403) 471-1291
Petro Canada Centre
111 5 Ave. SW
(403) 532-5994
303 Centre St. SW
(403) 263-7595

SOUTH WEST

5809 Macleod Tr. SW
(403) 252-2227
8720 Macleod Tr. SW
(403) 287-0870
4550 17 Ave. SW
(403) 974-3150
1406 17 Ave. SW
(403) 265-5555

SOUTH EAST

Southtrail Crossing
4307 130 Ave. SE
(403) 257-6655
285 Shawville Blvd. SE
(Beside Zellers)
(403) 254-6901
Deerfoot Meadows
(403) 253-1800

NORTH WEST

Northland Village
(403) 247-8415
20 Crowfoot Cres. NW
(403) 215-7300
8120 Beddington Blvd. NW
(403) 216-9363

Beacon Hill
1644 Sarcee Trail NW
(403) 295-8006

NORTH EAST

2015 32 Ave. NE
(403) 291-6801
Marlborough Mall
3800 Memorial Dr. NE
(403) 235-6779
3800 Memorial Dr. NE,
Unit 102
(403) 248-5554
500 Country Hills Blvd. NE
(403) 313-3444

T&T Supermarket
#8 1005 9650 Harvest Hills
Blvd. NE
(403) 230-3380

London Town
555-3545 32 Ave. NE
(403) 219-2113

CANMORE

106-743 Railway Ave.
(403) 678-0031

BANFF

317 Banff Ave.
(403) 762-0655

RED DEER

Southpointe Common
(403) 348-5777
Bower Place
(403) 314-5500

LETHBRIDGE

Park Place
Shopping Centre
501-1 Ave. S
(403) 328-9907

20, Bay 2-3709 Mayor
Magrath Dr. S
(403) 327-5888

Lethbridge Town Centre
9-550 University Dr. W
(403) 329-1444

MEDICINE HAT

Medicine Hat Mall
(403) 528-1779

OKOTOKS

437-200 Southridge Dr.
(403) 995-9349



CALGARY

Market Mall
(403) 202-0200
North Hill Centre
(403) 202-1801

Deerfoot Outlet Mall
(403) 275-3500
Sunridge Mall
(403) 280-5151

Chinook Centre
(403) 253-0229
South Centre Mall
(403) 225-6593

208-4625 Varsity Dr. NW
(403) 286-1633
1140-137 Ave. SE
(403) 278-0701

Beddington Town Centre
(403) 295-6446
21-3012H 17 Ave. SE
(403) 248-6464

150 Millrise Blvd. SW
(403) 256-2015
1012-17 Ave. SW
(403) 228-2905

1915 Centre St. N
(403) 277-7750
446-14 St. NW
(403) 270-3233

115-10233 Elbow Dr. SW
(403) 255-0202
Bay 64-1440 52 St. NE
(403) 235-2121

140-8060 Silver
Springs Blvd. NW
(403) 288-1441

500-5255 Richmond Rd. SW
(403) 246-7333
5244 Falsbridge Gate NE
(403) 280-5533

Dalhousie Station
Shopping Centre
(403) 215-2505

100-5149 Country
Hills Blvd. NW
(403) 215-2500

Woodbine Square
Shopping Centre
(403) 281-3381

768-11520 24 St. SE
(403) 203-0626

8303 Fairmount Dr. SE
(403) 252-5533

HOT SMARTPHONES FOR HOT, SMART PEOPLE.

MOST POPULAR BLACKBERRY

THINNEST BLACKBERRY CURVE

FIRST BLACKBERRY FLIP



NOW GET

UNLIMITED TXT, EMAIL & IM*

ONLY FOR A LIMITED TIME



EXCLUSIVELY FROM ROGERS

BLACKBERRY® CURVE™ 8320

- Full keyboard
- Built in Wi-Fi
- Integrated camera and media player

\$99⁹⁹⁺ | \$549⁹⁹ no term

ALL NEW BLACKBERRY® CURVE™ 8900

- 3.2 MP camera with video capture
- Thinnest full QWERTY BlackBerry
- Built-in GPS and Wi-Fi (TalkSpot™ enabled)

\$199⁹⁹⁺ | \$599⁹⁹ no term

BLACKBERRY® PEARL™ FLIP 8220

- Easy SureType® keyboard
- Available in black or pink

\$49⁹⁹⁺ | \$399⁹⁹ no term

rogers.com/unlimited

CANADA'S MOST RELIABLE NETWORK;
FEWEST DROPPED CALLS, CLEAREST RECEPTION

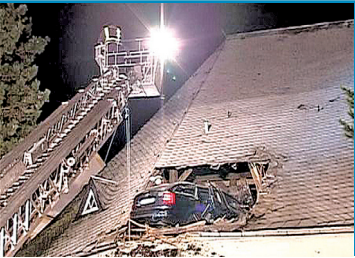


*On select 3-year plans. Offers subject to change without notice. *Available with any BlackBerry device with subscription to select plans and activation with BlackBerry Internet Service. Includes unlimited personal e-mail (up to 10 accounts) while using BlackBerry on the Rogers Wireless network. See rogers.com/unlimited for plans and details. Usage subject to Rogers Terms of Service & Acceptable Use Policy available at rogers.com/terms.
™Rogers & Mobius Design are trademarks of Rogers Communications Inc. used under license. All other brand names and logos are trademarks of their respective owners. © 2009 Rogers Wireless.

Infant death from suffocation has quadrupled in the U.S., researchers say

Rates of sudden infant death from suffocation or strangulation have quadrupled in the past 20 years in the United States, most apparently from parents sleeping with their babies, government researchers reported yesterday. Black male babies are the most affected, but it is not clear why. **REUTERS**

World



Car crashes into church roof

A German motorist missed a bend in the road, broke through a barrier and hurtled up a bank, crash-landing on a church roof in eastern Germany, police said yesterday. The bank propelled the black Skoda about 35 metres forward and straight into the church's roof frame, where it remained wedged seven metres off the ground. The 23-year-old driver suffered serious injuries. **REUTERS**

Law bans retaliation in sex harassment cases: U.S. court

WORKPLACE An employee is protected from being fired for answering questions during an employer's investigation of sexual harassment, the U.S. Supreme Court ruled yesterday.

The unanimous court ruled that anti-retaliation provisions for employees who report workplace discrimination also extends to an internal investigation of a supervisor or worker.

"Nothing in the statute requires a freakish rule

protecting an employee who reports discrimination on her own initiative but not one who reports the same discrimination in the same words when her boss asks a question," Justice David Souter said.

The ruling decided an important workplace issue. Federal lawyers said victims would be unwilling to cooperate in employer investigations if they faced punishment like the loss of their jobs. **REUTERS**

News in brief

TRAVOLTA A Bahamian medic pleaded not guilty and was held yesterday on charges he conspired to extort \$25 million US from John Travolta after the actor's son died in the Bahamas this month. Police said last week they were investigating a complaint by Travol-

ta of an extortion plot against him.

GAZA European countries pledged yesterday to help prevent arms smuggling into Gaza. Israel has said Hamas used tunnels between Gaza and Egypt to move weapons. **REUTERS**

Congo Break from battle



A government soldier carries her infant on her back yesterday at Mushake in eastern Congo. Congolese Hutu rebels said on Sunday they had clashed for the first time with a Rwandan-Congolese force deployed to crush them. Civilians expressed fears they would be caught in the violence.

Obama tackles climate policy

U.S. President Barack Obama began reversing the climate policies of the Bush administration yesterday, clearing the way for new rules to force auto makers to produce more fuel-efficient and less polluting cars.

The president told the U.S. Environmental Protection Agency to reconsider a request by California to impose its own strict limits on vehicle carbon dioxide emissions, blamed for adding to global warming.

Former president George W. Bush's administration had denied the request, prompting California and other states to sue.

"The federal government must work with, not against, states to reduce greenhouse gas emis-

Striving for peace

- Obama vowed yesterday that his new Middle East envoy George Mitchell would engage vigorously in the quest for Israeli-Palestinian peace, and expressed confidence he would achieve concrete results.

sions," Obama said.

Obama's directive, which is likely to result in a formal change in the coming months, could prompt as many as 18 states to follow California's lead.

The president also directed the Department of Transportation to move forward with stricter fuel efficiency standards for cars. **REUTERS**



Buy Low.

Build the Morrison Homes of your dreams at a price you won't believe, plus receive **\$30,000 in free upgrades** from our optional features list.

Sell High.



We'll buy your current house for **100% of its appraised value** when you purchase a new Morrison home in Wentworth Glen. **Guaranteed.**



Visit Our Showhome Today for More Info

44 West Coach Road SW
T. 403.250.3302 E wentworthglen@morrisonhomes.ca

SHOWHOME HOURS
Mon - Thurs 2 - 8pm Fri Closed
Sat, Sun & Holidays 12 - 5pm



BUILDER OF THE YEAR 2001, 2002, 2003, 2004, 2005, 2006, 2007
CUSTOMER CHOICE AWARD 2003, 2004, 2005, 2006

morrisonhomes.ca

LOCAL

Publisher, Steve Shrout
Managing Editor, Darren Krause

Distribution Manager, Dave Mak

NATIONAL

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Mnging Editor, Tarin Elbert
Assoc Night Mnging Editor, Jim Reyno
Enter/Lifestyle Editor, Dean Lisk

Art Director, Laila Hakim
National Sales Director, Susan Courtney
Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

PM's credibility dwindling

NationalReport



Lawrence Martin

'He's starting to sound like a New Democrat,' Jack Layton said yesterday, speaking of Stephen Harper.

The NDP leader, alluding to plans in the Conservative budget to invest in social housing, was describing how the government would do anything to survive. Anything.

Yesterday was the throne speech highlighting a new tone of bipartisanship. Today will be the neck-saving budget. We can say neck-saving because more than half the budget has already been deliberately leaked as part of Harper's effort to

strategically manipulate the news agenda.

The multibillion-dollar fiscal stimulus combined with tax cuts will likely be enough to satisfy Liberal Leader Michael Ignatieff who doesn't want an election now and who will argue that his party forced the government's hand. The bottom line is that a prime minister chastened by his near calamity last fall will live to see another day.

His sense of desperation has seen him enter into a contradiction of staggering dimension, one of the biggest flip-flops Ottawa has ever seen. Only two months ago the government was assuring one and all that, in the words of Finance Minister James Flaherty, "The days of chronic

Canada 2009

Federal Budget

deficits are behind us."

This was after Harper promised in the election campaign that there would be no deficit. Then last week, the government announced there would be five years of deficits. Not just any deficits. But huge deficits — \$64 billion over the next two years.

The amazing about-face constituted the toughest challenge for the PM to surmount. But his adroit use of pre-budget leaks has done the deed. The folks in the Prime Minister's Office know that the media only

hangs on to a story until the next good one comes along. So after leaking the \$64-billion story, they followed it with other pre-budget news. The story of the stunning deficit reversal was a one-day wonder.

It's not a question of whether big deficits in this teetering economic climate are necessary. They may well be.

But what it does highlight is once again the question of credibility. Again it is clear with this government that it is all about political manipulation, of taking advantage of the gullible, of thinking that the people will forget what was stated categorically before and believe the Harper team now.

"It's all about 'double-speak,'" Ignatieff said. "The stubborn reality is a problem of trust."

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Views

National securities regulator needed now

InBusiness

Charles Davies

Veteran Business Writer

In Canada, there's nothing as resistible as an idea whose time has come. Thomas Hockin, chair of the Expert Panel on Securities Regulation in Canada, says the time is right for the creation of a national securities regulator.

Of course, some have been saying this since 1935, when the suggestion was first aired by the royal commission on price spreads. Hockin's panel wants to replace our fragmented system of 13 provincial and territorial securities commissions with one regulator that will make public companies more accountable

while eliminating overlaps and unnecessary compliance costs.

Were it not for parochialism and myopia (mainly in Alberta, B.C. and Quebec), we might already have a national commission. Indeed, the federal government, mainly in the person of Finance Minister Jim Flaherty, has decided to ignore constitutional and court challenges and create a national regulator anyway. Expect an announcement in the budget announcement today. Investors shouldn't breathe any sighs of relief though. A national regulator is a necessary foundation for sound market regulation, but it's only one pillar of a viable system. For Canadian and foreign investors to have genuine confidence in our capital market we need much more. We require truly vigorous enforcement, a knowledgeable judiciary that can move with relative speed and impose mean-

Canada 2009

Federal Budget

ingful penalties when necessary, and an auditing regime that ensures the fullest possible disclosure and transparency for public companies. The status quo is clearly unacceptable.

Despite rare exceptions, such as the Research In Motion stock-option accounting case, wrongdoers usually go unpunished. In some cases, notably Bre-X, no one is ever found accountable.

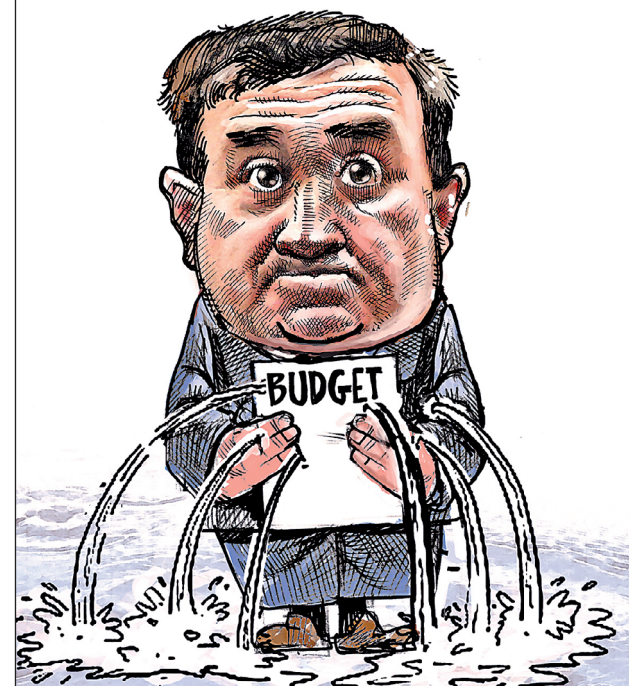
No commission, national or otherwise, will succeed unless the RCMP's lacklustre integrated market enforcement teams are replaced with something better funded and better directed, such as a new national enforcement branch as part of the new regulatory structure suggested by Hockin's panel.

Judges will need better training and resources to move with greater speed and expertise to bring cases to conclusion. And laws need revision to ensure that, when convictions result, there are meaningful sentences or fines.

Underpinning these reforms, Canada needs tough, transparent auditing. This doesn't mean international financial reporting standards, which Canadian auditors are pushing Canadian companies to adopt by 2011. The existing system, Canadian generally accepted accounting principles, is hardly without faults, but with refinements, it would give investors much more confidence that Canadian companies' books are uncooked.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

LEAKS



MICHAEL DE ADDER

Worth mentioning

Penguin eggs off the menu

Once the "delicacies of the Antarctic," fresh seal brains, penguin eggs and grilled cormorant are off the menu at research bases where chefs rely on imported and often frozen food.

"You have to use what you've got in the store. Frozen stuff, tinned stuff and if you're really desperate the dried stuff," said Alan Sherwood, a widely

praised chef at the British Rothera base on the Antarctic Peninsula.

"We're now onto dried onions because we've run out," he said. "You can't just go out and buy some."

Rothera gets most of its supplies by ship

twice a year — in December and March — with the occasional flight from Chile and recently made conscious decision to pull the animals from his menus.

REUTERS

Quote of the Day

"When a million children die of malaria a year ... I don't think the economic crisis changes the moral value of those lives being worth saving."

— Bill Gates on supporting malaria research

Metro Online Poll Results

31% SAID YES

Do you support the Tory government's decision to run \$64-billion deficit over two years?

69% SAID NO

Weigh in on today's question at metronews.ca

It's your turn to tell others what you think. E-mail your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Financial Planning

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA



Now is the time to implement a spending freeze on everything you don't need, says Robert Abboud, certified financial planner.

Time to save for future

BRIAN TOWIE
brian.towie@metronews.ca

Hopefully, you've been diligent in putting away a little something for a rainy day, because when it rains, it pours.

Layoffs and pay cuts are two of the many challenges Canadians face during the current economic downturn, but many haven't changed their bad spending habits.

An RBC poll released in May 2008 found that 43 per cent of Canadians are maintaining their spending habits, while 20 per cent spend even more. Eighty-three per cent said they don't save as much as they would like, and 55 per cent have only one month's expenses set aside, while 24 per cent have three months' worth set aside.

The holidays were no ex-

ception, with national spending up nine per cent over the period, according to Robert Abboud, an Ottawa-based certified financial planner at Wealth Strategies. He adds that the economy has lived on borrowed time for years, and now the proverbial chickens have come home to roost.

"The party's over. It has been 17 years since our last recession. Time to snap into it, man, the reality has hit," he said. "Canadians have to wake up and say, 'OK, if I don't have any income for the next three to six months, what am I going to do?' And if the answer is, 'I couldn't survive,' you're in trouble."

While you're still gainfully employed — and most Canadians still are — now is the time to prepare for the worst, Abboud said. Pay down your high-inter-

"Credit cards are not viable backups if you have no job."

Robert Abboud

est credit cards and implement a spending freeze on everything you know you don't need.

You may want to earmark some cash for an emergency cushion of at least six months — not an easy target, according to Abboud, who notes it takes two to six weeks for Employment Insurance to arrive, and even then, it may not match your salary. If you're financially disciplined and you feel the need, you can apply for a line of credit with your bank, which is virtually impossible to do if you've lost your job.

"You want to prepare by paying down debt and

building up cash," Abboud said. "But from a savings perspective, it's a great time to be either continuing your monthly savings plan or starting one up, especially if you have job security."

The times don't bode well for those prone to use plastic, as many still do. The RBC study found 65 per cent of those polled view credit cards or lines of credit as an emergency backup — a disturbing number, according to Abboud.

"Goodness gracious," he said. "Credit cards are not viable backups if you have no job. A line of credit is the worst that you should do. It might have a seven or eight per cent interest rate, certainly not 18 to 26 as a credit card might. People need to stop thinking about the plastic and start thinking about the cold hard cash."



Set aside extra money while paying down debt, experts advise.

Realistic goals key to creating budget

ERIC EMIN WOOD
for Metro Canada

As Canadians' savings remain adrift in the economic doldrums, now might be a good time to revisit the B word: Budget.

"Budgeting used to be a four-letter word," says Julie Jaggernath, director of education at the Credit Counselling Society of Canada. "We encourage that word to be 'plan,' but lots of people had other four-letter words for it. It's watercooler talk again, so that's an encouraging sign."

When creating a budget, the most important step is to set a goal that's realistic. "Think about a budget like a diet," says Laurie Campbell, executive director of Credit Canada. "You know how you always get people, especially at the beginning of January, saying, 'Oh, I'm going to lose 100 pounds within the next year?' It's not realistic. And because it's not realistic, they get turned off, and stop dieting or throw away their goal."

Next, says Jaggernath, make a list of your monthly earnings and expenses. "What are you bringing in, what do you need to buy?" she says. "One thing we often tell clients is you can have a lot of things that you want, (but) you can't have everything you want." Include yearly expenses, "things like your Costco membership, your kid's dance lessons, haircuts, holiday spending," which Jaggernath says many Canadians

tend to forget.

Give yourself some flexibility in your budget, says Campbell. "Let's say you buy your lunch every day at work," she says, "and you look at your budget and think, 'I can't afford to spend \$7 a day at work.'" Campbell's suggestion: Bring your lunch three days a week and eat out twice. "If you have to bring your lunch five days a week when you're used to eating out every day, chances are after two weeks you're going to (say), 'I forgot this, I hate it,'" she says.

Remember to set aside some extra money while paying down debt, says Jaggernath. Otherwise, hard work can fly out the window during an emergency, "whether it's a wedding or the roof goes," she says.

Finally, don't discount the role of good old-fashioned common sense. "Don't go grocery shopping on an empty stomach," says Jaggernath. "Separate business and personal finances if you're running a business. And recognize how far-reaching financial difficulty can be."

Visit creditcounsellingcanada.ca/member_agencies to find a non-profit credit counselling agency near you.



STAPHA — AFRICAN PSYCHIC

Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection

RESULTS GUARANTEED
403-802-0367

North America's largest producer of Family entertainment has immediate openings for full and part time call center staff.

Weekly pay, bonus incentives and Medical for long term staff are just some of the benefits. Top salespeople earn up to \$50k+ per year! If you have the attitude we are looking for, or would you like to earn some extra part time \$\$ we want to talk to you today!

Call Anthony or Marty 9am to 9pm

403 531 6179

xentelDM
INCORPORATED

Investing tip

Don't expect to get wealthy overnight. Investing is about doing the smartest thing with your money for the best returns. Your portfolio can be allocated aggressively, but risk must be assessed with continuing careful analysis. **NEWS CANADA**

11**Financial Planning****When looking for investment adviser, beware of those who have scripted answers: Expert**

RAFAEL BRUSILOW
for Metro Canada



Picking the right investment adviser can be the difference between watching

your money grow and seeing it circle the drain.

Tom Hamza, president of non-profit organization Investor Education Fund, which promotes investor and financial literacy, says

to beware of advisers who have scripted answers and who try to sell you on lesser products their own company sells. Look for advisers who can offer a wide range of products.

Once you've found an adviser, don't just dump your money and sit back — you have to take an active role.

"You have to question what (advisers) are doing and you have to hold the re-

sults they're giving you to the fire," Hamza said.

While times are tough, Hamza says investing can be a great chance to pick up some bargains. "Markets are down and things are

cheaper than they were. Are they going to go up in the long run? Statistically, yes, they always do. There's no reason to think humanity has stopped progressing economically," he said.



Give yourself a tax break. Talk to an RBC® advisor and ask about how a Tax-Free Savings Account can work for you.

**To talk to an RBC advisor,
call 1-800-463-3863,
visit your local branch,
or visit rbc.com/tfsa**

RBC's Tax-Free Savings Account is a great new way to help you realize both your short and long-term goals sooner. An RBC advisor works with you to create a plan that encompasses your complete investment picture.



CREATE

A FUTURE WITH PEACE OF MIND

Starbucks has pulled all products containing peanut butter from its stores in the U.S. and Canada as a safety precaution, amid a U.S. salmonella outbreak linked to products from Peanut Corp. of America's processing facility in Georgia. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA



Your Money columnists on the web

SmartCookies



Smart Cookies:

• Your favourite spenders and savers, the Smart Cookies, give you a lesson in Bankruptcy 101: What is bankruptcy? How does filing bankruptcy affect my credit score? What are my options? How can I work my way back from bankruptcy? Visit metronews.ca to read this week's column.

MoneyMatters



Henry Choo Chong

Money Matters:

• Henry Choo Chong advises a young reader on whether to invest a recent bonus into RRSPs or a Tax Free Savings Account. Visit metronews.ca.
Investment Perspective:
 • Allan Small details which qualities make a good investment adviser. Visit metronews.ca.

\$7B for infrastructure: Baird

There has never been a better time to fix everything that's broken in Canada.

Or that's what the economists say, and it seems the federal government agrees.

Yesterday, John Baird, minister of transport, indicated the government will invest \$7 billion in infrastructure as part of the stimulus package to be unveiled today.

Of the \$7 billion Ottawa has earmarked for infrastructure, the government says it will throw \$1 billion toward green energy projects,

Canada 2009

Federal Budget

ects, which, according to Gauthier, would be a much needed investment, especially in Ontario where 80 per cent of the energy sources will expire within the next 20 years.

"You don't want to do this when the economy is running full steam," explains Pascal Gauthier, a TD economist, of the governments' timing. "It's better to do it if you can at a time like this when the private sector is in contraction mode. You don't want public expenditures to elbow out private investment."

That sentiment was echoed by Joe Martin, director of Canadian business history at the Rotman School of Business.

To get the most out of the taxpayer-funded \$7 billion, Martin said businesses competing for prospective contracts should "be able to put the shovel in the ground immediately. If it has to wait until 2010, that's probably too late."

TORSTAR NEWS SERVICE

Bright spot amid 70,000 global layoffs

LAYOFFS About 70,000 worldwide layoffs were reported yesterday, with companies that included ING, Caterpillar, Sprint, General Motors and Home Depot reporting job cuts.

Despite the corporate gloom, markets rallied on some of yesterday's other news: No. 1 drug-maker Pfizer Inc. said it would buy rival Wyeth for \$68 billion US.

On the flip side of Pfizer's deal for Wyeth, Pfizer said it will cut 15 per cent of the companies' combined 130,000 workers — about 19,500 jobs. **REUTERS**



Jeffrey Kindler, Pfizer CEO

Business in brief

MARKETS Toronto's S&P/TSX composite index rose 28.54 points, or 0.33 per cent, to 8,656.51 yesterday as Europe's financial shares recovered,

helping to boost their Canadian banking counterparts.

NON-PROFIT The Bill & Melinda Gates Foundation has lost 20 per cent of its assets in the

recession, but will still increase spending on health, education and other causes in 2009, from about \$3.3 billion US in recent years to \$3.8 billion US. **REUTERS**

AIR CANADA VACATIONS

What are you doing this week end?

EARN UP TO 1,750 AEROPLAN® MILES PER MEMBER†

Las Vegas
Luxor Las Vegas • 4★
 Pyramid rm.
 Mar. 2, 3, 8-10 & 22-24 • 3 nts.

\$319
 Taxes & fees: \$183

Treasure Island • 4★
 Standard rm.
 Mar. 2, 3, 8-10 & 22-24 • 3 nts.

\$359
 Taxes & fees: \$183

Encore Wynn Las Vegas • 5★
 Resort suite
 Mar. 2, 3, 8-10 & 22-24 • 3 nts.

\$459
 Taxes & fees: \$183

Honolulu, Hawaii via Vancouver
Ohana Waikiki West • 3 1/2★
 Aloha run-of-the-house rm.
 Apr. 1, 2, 19, 21 & 22 • 5 nts.

\$679
 Taxes & fees: \$165

Honolulu, Hawaii via Vancouver
ResortQuest Pacific Monarch • 3★
 Studio city view
 Apr. 1, 2, 19, 21 & 22 • 5 nts.

\$779
 Taxes & fees: \$165

Maui, Hawaii via Vancouver
Outrigger Royal Kahana Resort • 3★
 Aloha studio ocean view
 Apr. 1-3, 5-8 & 15-21 • 5 nts.

\$859
 Taxes & fees: \$165

ResortQuest Kaanapali Shores • 4★
 Studio
 Apr. 1-3, 5-8 & 15-21 • 5 nts.

\$999
 Taxes & fees: \$165

Kona, Hawaii via Vancouver
Outrigger Keauhou Beach Resort • 3 1/2★
 Aloha run-of-the-house rm.
 Apr. 4 & 11 • 1 wk.

\$969
 Taxes & fees: \$165

aeroplan

aircanadavacations.com
 Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between Jan. 27 & 31/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. *Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Calgary to Honolulu, Hawaii via Vancouver, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ Aeroplan is a registered trademark of Aeroplan Canada Inc. Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

Another Cowboys' reality show

The Dallas Cowboys' Terrell Owens will star in his own reality show this summer. VH1 announced yesterday the series takes place in the off-season. Owens' friends Monique Jackson and Kita Williams will work as his "matchmakers and therapists." Former Cowboy Michael Irvin will also have a reality show. **METRO NEWS SERVICES**

Sports

“Back in 2004, at first Rodriguez did his best to try and fit into the Yankee culture – his cloying, B Grade actor best.”

Excerpt on Alex Rodriguez from *Yankee Years*, the upcoming book co-written by former New York Yankees manager Joe Torre and SI.com writer Tom Verducci.

SOURCE: ESPN



JOHN.CHICK@METRONEWS.CA

Esk's' reject Berry leading Cards' D

NFL
Super Bowl
XLIII

It happens, oh, every 20 years or so. A player joins a CFL team, stinks, gets released, is waived through the league and becomes an NFL star.

Take **Bertrand Berry**, for example. At 33, Berry is largely responsible for his team's stunning ascent to Sunday's Super Bowl.

There are no ifs, ands or buts about this. Were it not for his team-high seven sacks and exceptional efforts at defensive end, the Arizona Cardinals would not be in Tampa Bay this week preparing to face the Pittsburgh Steelers for NFL supremacy.

It's bizarre, frankly, since the Edmonton Eskimos soured on Berry after a mere two games in 2000. In eight quarters, Berry recorded one tackle and no sacks.

In the inferior CFL, he was both inconspicuous and incompetent.

So into the scrap heap he was dumped, practically penniless, deemed a has-been and a never-was simultaneously.

And, yet, for the past four seasons, Berry has terrorized NFL opponents and the Cards rewarded him with a five-year contract worth \$25 million US.

"I remember him disliking Edmonton," said Berry's agent, **Greg Williams**,

"but I'm also sure his time there motivated him. He wanted so badly to make it in the NFL."

He has. Big time. He's a discard leading the Cards' defence, and wise NFL observers suggest Arizona can't prevail Sunday if Berry turns in a lemon.

• Canada's professional football championship will be decided on Albertan grounds the next two seasons. I'm told the CFL will announce formally within a week or so that Edmonton has been awarded the

2010 Grey Cup game. This year's Cup will be played in Calgary ... the Oakland Raiders plan to hire a new offensive co-ordinator soon, and atop their wish list is **Marc Trestman**, who led the Alouettes to the Grey Cup game in Montreal last November in his one and only season as a CFL head coach ... Als quarterback **Anthony Calvillo**, the CFL's premier player last season, is eligible for free agency Feb. 16 and will decide shortly whether to re-sign with the Als or retire. If Trestman jumps to Oakland, Calvillo might retire after 15 CFL seasons ... Grey Cup ticket prices have risen dramatically. They ranged from \$84 to \$274 in Montreal. They'll cost between \$195 and \$370 in Calgary this year. "I don't think this (is an issue)," said Calgary Stampeders president **Scott Ackles**, who may or may not know there's a recession ...

Don't be surprised if ex-Winnipeg head coach **Doug Berry** joins the Esk's soon as offensive co-ordinator ... Ex-Toronto Argonauts

Bertrand Berry played in Edmonton in 2000.



Capt. Bruce Meyer holds an Arizona Cardinals flag as the team plane arrives in Tampa Bay yesterday.

head coach **Gary Etcheverry** is the Saskatchewan Roughriders' new defensive co-ordinator ... Stamps scout **John Murphy** is the Blue Bombers' new general manager.

• In baseball, ex-Blue Jays superstar **Roberto Alomar** will join Toronto's spring-training staff and will coach infielders. Al-

mar hopes to follow in the footsteps of his father, **Sandy Alomar Sr.**, and become a full-time coach. And the Minnesota Twins are close to signing Canadian **Eric Gagne** as a setup man for closer **Joe Nathan**.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Brown named first star of week

NHL The Los Angeles Kings' Dustin Brown, the Edmonton Oilers' Alex Hemsky and Carolina Hurricanes goaltender Cam Ward are the NHL's three stars of the week. Brown scored game-winning goals in consecutive road contests. Hemsky scored two goals and two assists in his lone game last week, a 4-3 win over Columbus. And Ward blocked 67 of 68 shots to help Carolina earn two road victories.

Pettitte re-signs with Yankees

MLB Andy Pettitte and the Yankees agreed yesterday to a \$5.5-million US, one-year contract that brings the left-hander back to New York. The veteran left-hander can make an additional \$6.5 million US in bonuses and incentives based on time on the active roster. The deal raised the Yankees' projected opening-day payroll to \$196.8 million US for 17 players with agreements. **METRO NEWS SERVICES**

Lots of 'za

• Papa John's in the U.S. expects to sell about a million pizzas Sunday. The company has calculated that a million pizzas lined up side by side would cover the distance from Phoenix to Tampa Bay 13 times, and from Pittsburgh to Tampa Bay eight times.

Earn a paycheque and a degree at the same time.

DeVry's flexible scheduling and full range of programs allow you to earn a paycheque while you earn a degree in today's hottest fields – full-time, part-time, evenings or online.

Pick up your Guide to 49 Hot Careers at www.DeVryNow.ca or call 403.207.3170.

DeVry

Calgary

ACCESS LEGAL
RESEARCH INC.

- CRIMINAL PARDON/U.S. WAIVER
- 24 HR CRIMINAL RECORD CHECK
- FINGERPRINTING
- LOW COST NO FAULT DIVORCE
- SMALL CLAIMS COURT TO 25K

CALL
403-228-2469

Job At Home

\$487.68 Weekly.

Mail Work, Assemble Products or Computer Work.

www.TopJobAlberta.com

Or Write to: CHR Jobs
900 Greenbank Road
Suite #415 • #916-MC1
Ottawa ON, K2J 4P6



Stay fresh throughout the day with Dove's new body mist sprays, available in three scents: Nectarine and White Ginger, Grapefruit and Lemongrass and Cucumber and Green Tea. The 89mL bottles, \$3.99 each, are a perfect travel size. Available at most drug stores. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Both parties add to breakdown

Body of Knowledge Lecture Series

The Integrative Health Institute at
Mount Royal College presents...

Body of Knowledge Lecture Series. Connect and interact with four world-renowned physicians who lead a new vision for medicine. Learn ways to improve your heart, brain and emotional health, as well as how to optimize your wellness with Vitamin D.



Dean Ornish, MD
Your Genes Are Not Your Fate
Thursday, January 29, 2009



David Perlmutter, MD
Optimizing Your Brain
Thursday, March 26, 2009



Michael Holick, MD
Vitamin D: A D-lightful Story
Thursday, February 26, 2009



Judith Orloff, MD
Achieving Emotional Freedom
Thursday, May 7, 2009



Tickets available through TicketWeb.ca
or call 403.440.8809 for more information

bodyofknowledge.ca

The J Spot

Josey Vogels

Sex talk with Josey

I want back the diamond necklace I gave you, all the love letters, oh, and my kidney please. Definitely not your typical divorce settlement item, but sure enough, Dr. Richard Batista, a Long Island, NY, surgeon wants his ex-wife to return the kidney he donated to her back in 2001. But he'll settle for \$1.5 million in compensation instead. Big of him.

Batista alleged his wife began having an affair 18 months to two years after the transplant. She filed for divorce in 2005 and the settlement has been dragging on ever since. He says it's gotten so bad that he's been prevented from seeing their three young children for months at a time. That's why he took his case with his ex and his ex-kidney, public.

Divorce revenge is unfortunately common. Most people opt for simple things like smashing their ex's car, running up their credit card or posting naked pictures of them on the Internet. But giving your wife your kidney to



Divorce revenge is common, but one recent case where a man is asking for compensation for a kidney he gave his ex-wife tops the bunch, says our columnist.

save her life, one of the most loving, intimate acts one could imagine, and then wanting compensation for it in the divorce settlement tops the bunch.

I understand being angry and feeling betrayed, especially when you think you've been cheated on and betrayed, but acting on feelings of revenge is always a bad idea. Beyond the initial rush, it ultimately doesn't make you feel any better and it shoots your karma all to heck.

Nevermind the example you set for your kids: 'Hey kids, if you love someone enough, you'd give them anything, even your own

kidney but if they hurt you, be sure and squeeze everything you can out of them, including body organs, even if it might mean they'll die.'

And of course I don't condone cheating, but unless there's some kind of mutual agreement that outside action is okay, if you're absolutely happy in your relationship, who cheats? Obviously, on some level, this was not a happy relationship. Whether we choose to admit it or not, both parties contribute to a marriage breakdown. The blame may not be 50/50, but focusing on the math won't solve the problem.

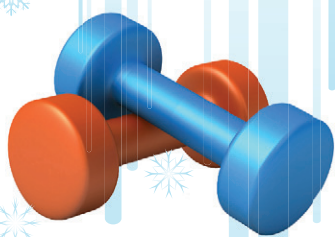
Granted, whatever causes a split, you've shared a life together, and things should be fairly split when you, well, split. But, as far as I'm concerned, everyone should at least leave the table with all the body parts they showed up with.

Not surprisingly, Batista's case isn't expected to succeed.

Imagine if it did. What's next? 'I paid for your breast implants; I want the money or the sacs of goo in your boobs.'

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Whatever your goals for 2009, Weider can help you reach them



Select Weider products
available at:



For more information:
www.weider.ca



health & beauty **15**

Sleep fights colds

Efficient zzz's can protect against virus: Study

CELIA MILNE
for Metro Canada

If you sleep less than seven hours a night, you're far more likely to develop a cold than those who slept eight hours or more.

Even more powerful, if your sleep isn't "efficient," you are more likely to develop a cold. Sleep efficiency is the percentage of time you actually spend sleep while lying in bed. If you have less than 92 per cent efficiency, you're 5.5 times more likely to get a cold.

The study, conducted in Pittsburgh, involved 153 healthy men and women from age 21 to 55. For two weeks, they were asked to keep track of their sleep efficiency and length. They were given nasal drops infected with the cold virus. Thirty-five per cent of them developed a cold that was clinically detected and another 43 per cent had



Sleeping less than seven hours a night could leave you more prone to developing a cold.

milder cold symptoms. Those who slept less than seven hours a night were almost three times more likely to develop a cold than those who slept eight hours or more.

Dysfunctional sleep is

thought to have an effect on the body's ability — at the molecular level — to fight against an invader such as the cold virus.

The study was published in the Archives of Internal Medicine on Jan. 12.

TRUTH IN A BOTTLE™
ORGANIKA®
HEALTH PRODUCTS INC.

ISO 9001 certified company

Organika's Nutrition House Extra 200 Softgel size is exclusive to nutrition house customers.

Pacific Salmon Oil is an excellent source of Omega 3 fatty acids.

It can help to reduce the level of "bad" cholesterol in your blood while increasing the level of "good" cholesterol.

This helps to improve circulation and decrease the effects of arteriosclerosis.

Great for skin too!

IMPROVE CIRCULATION

nutrition house extra
ORGANIKA
Wild Harvested
PACIFIC SALMON OIL
Huile de saumon 1000 mg
200 Softgel Capsules / Gélules Moles
100% PURE STANDARDIZED

www.organika.com

NUTRITION HOUSE / NORTH HILL CENTER
1632 14th Avenue, NW, Calgary, Alberta
(403) 220-1210

The first step to a healthy weight loss

Part 7

How can you lose weight if you can't eliminate...

Causes of constipation:

As previously mentioned in our last chronicle, the causes of constipation are linked to such factors as physical inactivity, a poor diet, repressed emotions or a behaviour that has been developed over the years. Some medications, such as the antidiabetics, anti-depressants, anti-inflammatories and many other drugs, may be a cause of constipation problems.

Your constipation history (suite)

At work:

In many factories, when you asked the foreman for permission to go to the washroom, you were often told to wait until the next break.

Going to conferences or on vacation:

Many people who go to conferences or set out on their vacations literally leave their bowels at home!

How incredible is that?

Are you fed up with feeling bloated and having a hard belly?

If so, here are a few tips that may well make a difference.

Habits:

Every morning, go to the washroom at the same time, even if this means using a small suppository to help.

Diet:

We cannot overemphasize the importance of the dietary fibres found in foods of vegetable origin, such as fruits, vegetables, legumes, whole cereals, nuts and grains.

Liquids:

Too often we forget to drink our six to eight glasses of water a day. Try this little trick: fill a 1.5-litre bottle with water and drink it every day. Some herbal teas also count towards your water intake requirement and at the same time provide the benefits associated with their particular ingredients.

To be continued on January 29th...

Now available, **DIGESTOL** by Triolax, a new internal cleansing program without laxative for 55+ or people with sensitive intestines



DIGESTOL OMÉGA NPN 80000426
DIGESTOL DETOX NPN 80003477



TRIOLAX LIVER NPN 80003477
TRIOLAX INTESTINES NPN 80005825
TRIOLAX KIDNEYS NPN 80003473

Offering quality health products for over 20 years!

www.triolax.ca

For information please call
1-800-362-9737

Available at



Former Beatle Sir Paul McCartney is reportedly set to propose to his girlfriend, New Yorker Nancy Shevall, now that her divorce has been finalized and McCartney's daughter, Stella McCartney, has given her seal of approval, the Daily Mirror is reporting. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Celeb stamps

Australia has unveiled a new line of stamps featuring Oscar winners (and Aussies) Nicole Kidman, Russell Crowe, Cate Blanchett and Geoffrey Rush.

INTOUCHWEEKLY.COM

Working man's dream

BRYAN BORZYKOWSKI
for Metro Canada



You'll have to forgive Bruce Springsteen if it sounds like all he's talked about over the last eight years is George W. Bush. It's no secret that he detested the ex-president's policies and he campaigned vigorously for Barack Obama.

While some people might be turned off by the Boss' politics, if anyone knows what middle-class America needs, it's this rugged rock star. The legendary guitar

slinger has penned a plethora of tunes from the point of view of the down-on-your-luck dude, or the guy traipsing along the open road.

Throughout his 35-year career, Springsteen's championing of the little guy hasn't wavered. Though, with Obama now in office, it sounds like life for Springsteen's America could get a little easier.

"You spend 35 years singing your songs about a place. And you see that place in things that people are doing in their communities from city to city on a

The new Boss

• Springsteen's new album *Working On A Dream* is available in stores starting today.

local basis. But you don't see it on a national level," he told the Guardian recently. "So you work under the assumption that you have some small thing that you can do about it ... And then something happens that you didn't think you might see in your lifetime, which is that that country actually shows its face one night, on

election night."

Getting to this point, where he can feel good about the state of his country, has been a tough slog. Not only has America come a long way, but his own career has too. After struggling to obtain commercial success in the early 70s, the Boss had huge hits with a number of albums, including *Born In the U.S.A.*

Near the end of 80s and the early 90s, however, he dissolved the E Street Band to scorn from fans, and two albums, *Human Touch* and *Lucky Town*, failed to resonate with his followers.

Although he won a Grammy for *Streets of Philadelphia* in 1994, a changing musical landscape and a growing family took Springsteen out of the spotlight for a number of years.

But no one can keep the Boss down, especially when America's hurting. In 2002 he teamed up with his old band and released *The Rising*, a raw collection of tunes that centred around the aftermath of 9/11. He followed that up with *Magic*, a scathing indictment of the Bush administration. Both albums were hits.

Now, though, with his country's future seemingly on the right track, he is noticeably more optimistic on *Working on a Dream*. Some might miss the angry Springsteen, but as he nears 60, it's probably a good time for him to finally relax too.



A.M. Sandler
PHOTO



Go to METRONEWS.CA and tell us the page you found this letter on for your chance to win 1 of 30 Coraline Prize Packs!



No purchase necessary. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes January, 30th 2009. Odds of winning depend on number of entries received. Winners will be required to answer a skill testing question. For full contest rules and details, visit www.metronews.ca

Lose Weight... Feel Great!



PRO IMAGE International Laser Clinics' Weight Loss Management Program (LWL™)

What is LWL™?



International Laser Clinics' Laser Weight Loss Management is a complete system combining the benefits of cold laser technology along with a comprehensive nutritional program. Not only will you shed those unwanted pounds naturally without drugs, pills or side-effects, but you will look and feel better...all with one on one weight loss support with one of our Program Coordinators.

How Does Cold Laser Help You Lose Weight?

LWL™ treatments stimulates your metabolism thereby helping your body to use food more efficiently instead of storing it as fat. In addition, your appetite will be suppressed. LWL™ is also highly effective in relieving stress, which in turn will help alleviate food cravings.

To find out more about LWL™, simply call one of our clinics or better still make an appointment for a no-charge consultation.



PRO IMAGE
INTERNATIONAL LASER CLINICS

**Mission Square Building — #920, 2424 - 4 ST. S.W.
T: (403) 802-0300 • F: (403) 802-0301**

Ziggy Stardust returns

David Bowie is set to resurrect his Ziggy Stardust alter-ego. The Space Oddity rocker is in talks with California's Coachella Valley Music and Arts festival to perform his classic album in its entirety. FEMALEFIRST.CO.UK



Thursday night is up for grabs

WHAT'S THE BIG DEAL ABOUT THURSDAY NIGHT?

William Petersen's exit from CSI took a big bloody chunk out of the show's ratings for its first post-Peterson show last Thursday, when just 17.5 million viewers tuned in, as compared to the 24.3 million who watched the show the previous week.

To be fair, 17.5 million pairs of eyes isn't too shabby — it's over three million better than Grey's Anatomy, the second-place show, though as the L.A. Times pointed out, the ABC show beat CSI in the 18 to 49 demographic that's either vitally important to advertisers or increasingly irrelevant, depending on what "counting angels on the head of a pin" market analysis piece you've been reading.

What it means, however, is that what's considered the most valuable night of the primetime TV week is considered up for grabs again, and the big four networks are already circling each other, shivs drawn, like Sharks and Jets, at least

IntelleVision



according to another Times piece.

"Thursday is vital to the networks," writes Scott Collins of the Times, "because that's when movie studios and other big advertisers, hoping to lure consumers making weekend plans, are most willing to part with huge amounts of cash."

"Also, it's virtually the only night that can be consistently competitive anymore. The cable networks have increasingly grabbed viewers with original programming on Sundays, while during the second half of the season Fox takes the lion's share of audience on Tuesdays and Wednesdays with American Idol."

Fox recently moved Bones to Thursday to stake out some turf, while NBC's final season of ER consti-



Lawrence Fishburne as Dr. Raymond Langston in a recent episode of CSI.

tutes a kamikaze assault of sorts, to try and get some attention before they turn the 10 p.m. slot over to Jay Leno's new show later this year.

It's a tense little slapfight, but no one is looking like they're the clear contender to rule the night the way NBC did for so long.

Thursday was comedy

night when NBC owned it, starting with The Cosby Show and Cheers in the '80s, and continuing through Must See TV before the turn of the millennium and the combination punch of Seinfeld and Friends.

ABC, who previously had little more than their Thursday Night Movie to

bring to the fight, briefly stole the lead with Who Wants to be a Millionaire (apparently being considered for a revival with original host Regis Philbin), before CBS stepped over NBC's supine carcass with Survivor and then CSI.

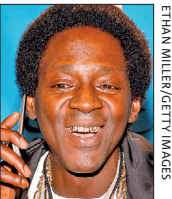
The night is obviously worth fighting over — Seinfeld only drew just over 21 million viewers during its peak finale season, and Friends was drawing 24.5 million during the 2001-02 season, back before the TiVo revolution — which means that, on at least one night a week, people are still reliably rooted to their couches, remote in hand.

But if none of the networks can cook up anything better than graying procedurals and struggling shows shifted from other nights, viewers may decide that Thursday night is ideal for drawing down their PVR queue or getting a head start on their season box set marathons.

Rick McGinnis writes about music, movies, books and television, but not opera.

Flavor Flav brings Nite Tales to the small screen

TELEVISION Rapper and reality TV star Flavor Flav and filmmaker Deon Taylor have signed a deal to turn their BET movie Nite Tales into an anthology television series.



Flavor Flav

Nite Tales, described as "30-minute tales of irony and twists," originated with the BET movie that aired on Halloween and is set for DVD release Feb. 3 by BET, Paramount and Deon Taylor Enterprises.

The plan is for Tales to premiere this year as a weekly cable series. Taylor describes the new show as Tales From the Crypt meets The Twilight Zone, with Flav playing a role similar to Crypt's Cryptkeeper, as he did in the BET movie. Taylor also is planning a Tales movie every Halloween. **REUTERS**

60 Minutes lands hero pilot interview

TELEVISION The ongoing booking war between the networks erupted anew with the news that hero pilot Chesley Sullenberger will tell his story on 60 Minutes instead of NBC's Today. Except for brief remarks Saturday in his hometown of Danville, Calif., the public hasn't yet heard from the U.S. Airways captain who safely landed a full Airbus A320 in the Hudson River after losing both engines as he left New York's LaGuardia Airport on Jan. 15.

Real World jets off to sunny Cancun

TELEVISION And the location for the next season of The Real World is ... Cancun. The Mexican vacation destination will host the show's 22nd season. There, the housemates will work with spring break resource site StudentCity.com to serve as guides for visiting college students. **REUTERS**

GlobalStyle

Kenya Hunt



metronews.ca/globalstyle

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/27/09	267	351	- ACCESS	Truth, Duty, Valour	Without a Trace (N)		Cold Case		Law & Order		Truth, Duty
	243	317	3 CFCN	etalk	Hollywood	Law & Order: SVU	American Idol (HDTV) (N)		(10:01) Fringe (N)		News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)		Scrubs	Scrubs	Primetime: You
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	90210 "The Bubble"	NCIS "Love & War" (N)		Project Runway Canada		News Hour
	246	-	8 CKAL	Law & Order: SVU		Primetime: What Would	Privileged (HDTV)		Scrubs	Scrubs	Your City
	119	705	9 CBXFT	Virginie (SC)	La Factice	Providence (HDTV) (SC)	Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors	NCIS "Love & War" (N)		The Mentalist (HDTV)		Without Trace
news	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (N) (DVS)	Wild!		Frontline/World (DVS)		Murder House
	502	390	15 CBC	CBC News: The National		Politics With Don Newman	CBC News: The National		CBC News: The National		Doc Zone
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune				Law/Ord SVU
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	American Idol (HDTV) (N)		(10:01) Fringe (N)		News (N)
	297	652	37 WPIX	Privileged (HDTV)		PIX News at Ten Tong.	Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)			Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace	Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
	400	400	21 TSN	NHL Hockey	Tennis Australian Open -- Men's and Women's Quarterfinals. From Melbourne, Australia. (Live)						
	408	418	27 net	NHL Hockey Buffalo Sabers at Edmonton Oilers. (HDTV) (Live)			Sportsnet Con.		Sportsnet Connected		Best-Sports
	410	403	30 SCORE	(5:30) Court Surfing	Score Tonight		Hardcore Hockey Talk		World Poker Crown		Final Score
sports	411	457	44 OLN	Mantracker	Bounty Hunter	Bounty Hunter	Survivor		Mantracker		Score Hunter
	417	406	48 SPEED	Super Bikes!	Super Bikes!	Hot Import	Hot Import	NASCAR Pre.	Pass Time	Low Life	Low Life
	552	543	20 YTV	Drake & Josh	iCarly	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Misadventures	Futurama
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	E! News	Ruby	Kimora: Fab	The Biggest Loser (N)			News (N)
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	TBA	Will & Grace	Friends	Extreme Celebrity Scandals	Style by Jury	Style by Jury	Good Naked
family	521	560	24 TLC	17 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N)		Jon & Kate Plus 8	17 Kids-Count	17 Kids-Count	Toddler-Tiara
	603	561	25 FOOD	The F Word		Good Eats	Good Eats	Iron Chef America	Challenge		The F Word
	615	520	26 A&E	The First 48 (HDTV)		Manhunters	Manhunters	The Beast (HDTV)	The First 48		The First 48
	617	522	32 SHOW	Life Swap		The Outer Limits		Mutant X "Fool for Love"	Testes	Trailer Park	The L Word (N)
	601	562	33 SLICE	Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade	Trading Sp
	-	633	34 ENC2	Man on the Moon *** (1999, Biography) Jim Carrey.				The World According to Garp *** (1982, Comedy-Drama)			Lost-America
	520	505	35 DISC	Destroyed	Time Warp (N)	Toughest Race: Iditarod		Daily Planet	Destroyed	Time Warp	Race: Iditarod
	620	523	36 BRAVO	In the Shadow of the Blues		At the Concert Hall (N)		Law & Order	Without a Trace		Bravo! Concert
	294	650	40 WPCH	(6) Exit Wounds (2001)		Steve Harvey	Seinfeld	Family Guy	Family Guy	Exit Wounds * (2001, Action), DMX	
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas		S. Silverman
cable variety	-	539	42 TCM	(7:15) The Racket ** (1951, Mystery), Robert Ryan				Dead Reckoning ** (1947, Mystery)		The Company She Keeps **	
	628	584	43 SPIKE	UFC Unleashed		UFC Unleashed		MANswers	MANswers	CSI: NY "Wasted"	CSI: NY
	522	516	45 HIST	Ultimate Engineering		NCIS "Blowback"		Ultimate Engineering	Ax Men		NCIS
	627	528	46 SPACE	Star Trek: Voyager		Destination Truth		Stargate SG-1 O'Neill.	Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) Wild Bill * (1995)		Lonely Are the Brave *** (1962, Western) Kirk Douglas.				The Hi-Lo Country ** (1998)	
	619	525	49 TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	Pure Design
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News
	526	507	92 VIVA	Missing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy	Missing
cable variety	269	350	93 APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Il Caffe		In Germany	Euromaxx
	571	581	100 MMM	Gene Simmons	Gene Simmons	Celebrity Wrestling		Listed		Party of Five	Schauplatz
	570	580	101 MM	disBand	Technical Diff.	Degrassi: TNG	Instant Star	The Shift		Pimp My Ride	Pimp My Ride
	581	566	102 MTV	A Double Shot at Love		A Double Shot at Love		MTV Live	After	Next	The City
											Double Shot

critics' corner

South Park

Its edgy humor is usually lots of fun, but this episode just ODS on it. For starters, Mr. Garrison gets a sex change. Just in case the transgender lobby is too small to really cause a ruckus, the subplot has Kyle learn that Jews can't play basketball. So he visits Mr. Garrison's surgeon to get a "negroplasty" to make him taller — and black. 10:30 PM on COM



Law & Order: Special Victims Unit

In "Lunacy," Benson and Stabler suspect an astronaut's murder is linked to a series of rapes, but the suspect's alibi checks out. Stabler turns to his old mentor, astronaut Dick Finley, whose input proves to be a double-edged sword. 8 PM on CFCN; 11 PM on KHQ

At the Concert Hall

She performed in musicals as a child, fronted a disco band as a teen and sang with rock bands as a young adult. But these days Molly Johnson is best known as a jazz singer. In this new episode, she takes the Masonic Temple stage to perform songs from her first three albums as well as standards from her most recent release, "Lucky." 8 PM on BRAVO



Scandal-scarred Illinois Gov. Rod Blagojevich had someone else in mind for U.S. President Barack Obama's vacant senate seat: Oprah Winfrey. Blagojevich told Good Morning America he thought the talk-show host and media mogul would be a good choice. **METRO NEWS SERVICES**

Celebrity Buzz

Kanye changes name in wake of fashion ad

BLOG POST Kanye West has changed his name, according to femalefirst.co.uk. The Stronger singer wants to be known as Martin Louis The King Jr. in future after being "forced" to adopt a new pseudonym following the launch of his new footwear range for Louis Vuitton, which was unveiled during Paris Fashion Week last week.

In a posting on his blog, the rapper said in a video message "to the world" that, "Due to what has happened — what has happened so severely when the red shoes hit the runway, I was forced to change my name to Martin Louis the King Jr. Address me as such."

Referencing T.I's

Swagger Like Us, West ended the video by saying: "And until then I will be in the building, swagger on a hundred-thousand trillion." Meanwhile, a blog



post supposedly by West saying he wants to try his hand at adult film is apparently the result of hackers, says the singer. The post, which got a lot of attention over the weekend, had West purportedly writing, "I'm open to doing porn. Hell, I'll even do bisexual scenes."

But the rapper insists the phony feature is the result of hackers taking over his MySpace and e-mail accounts. "I just gave the performance of my lifetime for our new president," West said in response to the breach. "Please, I beg you, give me a break! Just let me be great!"

METRO NEWS SERVICES

Damon finds Bond 'repulsive'

PEOPLE Matt Damon thinks James Bond is repulsive, femalefirst.co.uk reports. The Bourne Identity actor — who played CIA agent Jason Bourne in three hit films — has lashed out at Ian Fleming's famous British spy, currently portrayed by Daniel Craig. He said: "He's repulsive. Bond is an imperialist, misogynist, sociopath who goes around bedding women and swilling martinis and killing people. The movies have a formula, they stick to it, and it makes them a lot of money. They know what they are doing and they're going to keep doing it." **METRO NEWS SERVICES**



Blake will avoid Amy: Mom

RELATIONSHIP Amy Winehouse's jailed husband, Blake Fielder-Civil, has vowed to avoid all contact with the troubled singer, according to his mother — and may use one of her love letters to back up demands for a share of her fortune during divorce proceedings, people.com reports.

"Blake doesn't want a reconciliation with Amy now," Georgette Civil tells People, confirming a report in the British press that her son may use the letter to demonstrate how important he has been to Winehouse's ca-

reer. According to British newspaper News of the World, which published excerpts of her handwritten letter, Winehouse, 25, promises in it that she will write new albums especially for Fielder-Civil, 26.

The newspaper adds that legal reps for Fielder-Civil — behind bars for assault and attempting to pervert the course of justice — will argue that he is entitled to half of his wife's estimated \$15 million US earnings.

A rep for Winehouse refused to comment.

METRO NEWS SERVICES



Franco grew fond of Milk moustache

ROLE James Franco liked the moustache he sported in Milk, femalefirst.co.uk reports. The Pineapple Express star portrays Scott Smith in the movie and says he was surprised to find he didn't detest his facial hair or costumes as much as he expected to.

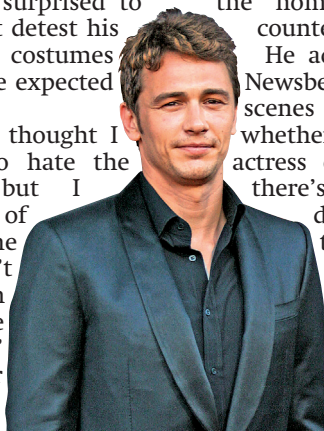
He said: "I thought I was going to hate the moustache but I grew to kind of like it and the clothes aren't too far from what people wear today."

The actor shares love

scenes with Sean Penn, who plays Harvey Milk — California's first openly gay elected official, who was assassinated — but insists he wasn't worried by the homosexual encounters.

He added to BBC Newsbeat: "Intimate scenes like that, whether it's with an actress or an actor, there's not a lot of discussion that goes on, you just kind of do it. So we just kind of did it."

METRO NEWS SERVICES



Jessica sings for Romo

RELATIONSHIP Say this for Jessica Simpson — she doesn't hold back, people.com reports.

"I am so excited that I am going to see my boyfriend tonight," the singer told a crowd of nearly 30,000 fans at Radio 99.9 Kiss Country's annual Chili Cookoff Sunday at C. B. Smith Park in Pembroke Pines, Fla., where she shared the bill with Alan Jackson and other country stars.

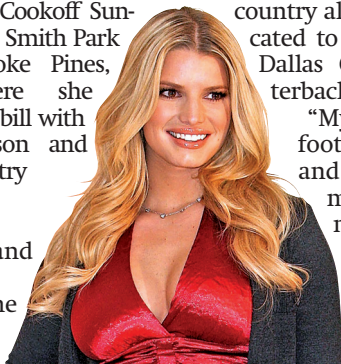
Smiling, happy and hopping around the stage,

Simpson, 28, performed a medley of her pop hit songs during her hour-long show, as well as delivered new songs from her first country album released last fall.

Simpson's rendition of You're My Sunday, from the country album, was dedicated to her boyfriend, Dallas Cowboys quarterback Tony Romo.

"My boyfriend is a football player, and he takes up my Sundays and now my Mondays," Simpson said.

METRO NEWS SERVICES



Brangelina ready for more kids

COUPLE Brad Pitt and Angelina Jolie are "overdue" another child, femalefirst.co.uk reports.

The couple — who have three adopted and three biological kids together — will be adding to their brood in the near future,

according to Brad.

He joked: "We average about two a year, so I guess we're overdue, aren't we?"

Angelina confirmed the couple are prepared to extend their family, despite only recently giving birth to twins. **METRO NEWS SERVICES**

Kelly Osbourne back in rehab

FAMILY Recently engaged Kelly Osbourne has checked into rehab again, according to her mother, Sharon. "Yeah, Kelly's in rehab. What else can we say?" the tearful mother told radaronline.com. "She knew that it was the right thing to do at this point and we're proud that she did it. The family is all standing behind her. Kelly knew that she needed help and she's getting it." Intouchweekly.com says Sharon hasn't revealed why Kelly is in treatment again.



METRO NEWS SERVICES

Miley over with Jonas feud

VIDEO In Miley World, there's no such thing as a Miley Cyrus/Jonas Brothers feud and she never wanted to give Demi Lovato and Selena Gomez a smackdown, says intouchweekly.com. In a candid video on her site, Miley said of her ex-

boyfriend Nick Jonas, "I love Nicky. I do love him. I love Kevin. I love Joe. I love Frankie ... So everyone should back off the feud 'cause we're over it." **METRO NEWS SERVICES**



A behind the screens look at aliens, the paranormal and chilling predictions for the future.



SCI-FI & SUPERNATURAL TUESDAYS

From the dark past to the distant future: let VisionTV's newest documentary series take you to worlds beyond your imagination.



EXPECT MORE
visiontv.ca

Rogers Cable 60 • Bell TV 261 • Star Choice 394

I Prophecy: The Future Revealed - 8 p.m. ET • Supernatural Investigator - 8:30 p.m. ET • Starting Tonight

Today
Partly cloudy
-2 °C / -17 °C

Wednesday
Partly cloudy
-2 °C / -11 °C

Thursday
Mostly cloudy
0 °C / -12 °C



Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 AM

Take Five

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
				18				19	20			
21	22	23				24						
25					26					27	28	29
30					31					32		
33			34						35			
			36					37				
38	39	40					41					
42					43	44				45	46	47
48					49				50			
51					52				53			

Crossword across

- | | |
|---------------------------|-------------------------|
| 1 Wide gap | 32 N.J. neighbor |
| 5 Sleep phenom | 33 "Hush!" |
| 8 Jerry Herman heroine | 35 Witnesses |
| 12 Culture medium | 36 Shark variety |
| 13 401(k) alternative | 37 Journalist Alexander |
| 14 Surrounded by | 38 Overnight flight |
| 15 Force the inclusion of | 41 Seek damages |
| 17 Ding follower | 42 Finished |
| 18 Consume | 43 File transfer |
| 19 Detachable shirt front | 48 Cherry type |
| 21 Sacred song | 49 NAFTA signatory |
| 24 Houston acronym | 50 TV handyman Bob |
| 25 Uncomplicated | 51 Otherwise |
| 26 Lively folk dance | 52 Prizefighter |
| 30 Detergent brand | 53 Verve |
| 31 "I see" | |

Crossword down

- | | | |
|----------------------------|------------------------------------|-------------------|
| 1 Tank fill | tic?" | ing |
| 2 "Yecch!" | 21 Incubator | 34 Come out |
| 3 Southeast | sound | 35 Put aside |
| Asian | 22 Gangs | 37 Baltimore |
| 4 At will | garment | newspaper |
| 5 Laugh-a-minute | 23 Without | 38 Judicial garb |
| 6 Blunder | delay, on a memo | 39 Satanic |
| 7 Kind of orange or collar | 24 "— People" (Frank Loesser song) | 40 Lairs |
| 8 Wild and crazy | 26 Installed | 41 Booty |
| 9 Wild and crazy | 27 Notion | 44 Buckeyes' sch. |
| 10 "Dibs!" | 28 Hammer-head | 45 Tin Man's need |
| 11 Nervous | part | 46 Carte lead-in |
| 16 Scenery | 29 "Born Free" | 47 Sportscaster |
| chewer | lioness | Dierdorf |
| 20 "— It Roman- | 31 Aussie's greet- | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	O	G	S	A	B	E	R	W	A	Y
A	V	A	A	M	I	N	E	I	R	A
B	A	Y	W	I	N	D	O	W	N	E
			A	L	E	C	R	E	T	A
G	L	I	D	E	S	H	A	T	E	
A	I	R	D	I	E	P	U	R	R	S
P	E	W	S	A	S	S	I	S	A	O
S	N	I	P	S	P	I	C	E	C	U
			N	O	T	E	L	A	T	T
H	O	S	T	E	L	E	R	A		
U	G	H	W	I	N	N	E	B	A	G
B	R	A	E	D	U	C	E	L	O	P
S	E	W	D	E	T	E	R	I	T	S

7	3	6	1	5	9	8	4	2
8	5	2	3	7	4	6	9	1
1	9	4	6	2	8	5	7	3
6	8	5	9	4	2	1	3	7
2	1	7	5	6	3	4	8	9
3	4	9	8	1	7	2	5	6
4	6	1	7	9	5	3	2	8
9	2	3	4	8	6	7	1	5
5	7	8	2	3	1	9	6	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart	
Under 13 min	Genius	21-25 min	Not bad
13-17 min	Scholar	25+ min	Keep practising

Metro Recipe of the Day



Baby Vegetable Fricassée

INGREDIENTS:

1 3/4-lb (750-g) mixture of young and baby vegetables such as broccoli, carrots, cauliflower, mushrooms, onions and pattypan squash or zucchini, etc
2 tbsp (25 ml) dry vermouth
1 bay leaf
2-3 fresh parsley stems
1 sprig thyme
Salt and black pepper
1 oz (25 g) Parmesan cheese, grated
2 tbsp (25 ml) whole-wheat bread crumbs
FOR BÉCHAMEL SAUCE:
3 tbsp (45 ml) low-fat margarine
3 tbsp (45 ml) all-purpose flour
2/3 cup (150 ml) 2% milk
3 tbsp (45 ml) low-fat sour cream
2 tbsp (25 ml) coarsely chopped fresh parsley

METHOD:

1. Prepare vegetables: Trim broccoli or cauliflower into small florets; top and tail carrots; slice mushrooms; quarter onions; halve pattypan or top and tail baby zucchini.
2. Put 2 2/3 cups (600 ml) water into large pot and add vermouth, bay leaf, parsley stems, thyme and

salt and pepper. Bring to boil. Add vegetables, reduce heat and simmer 5 minutes.
3. Using slotted spoon, transfer vegetables to shallow 1 1/2-quart (1.5 l) flameproof dish. Set aside and keep warm.
4. Discard herbs and return vegetable stock to fast boil. Cook uncovered 10 minutes, or until it reduced by half. Preheat broiler.
5. For sauce, melt margarine in large pot and whisk in flour. Cook 1 to 2 seconds, then gradually strain in stock. Add milk and whisk. Bring to boil, reduce heat, and simmer 3 minutes. Remove from heat, stir in sour cream and chopped herbs, and season to taste.
6. Pour sauce over vegetables, sprinkle cheese and bread crumbs over top and place under broiler for 2-3 minutes, until topping is lightly browned. Serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Be calm with a caller who demands attention. Those in charge will raise your status. The simple pleasures won't be too difficult to obtain.



TAURUS
APRIL 21-MAY 21
Your promises can be relied upon. An inconvenient mistake will cause turmoil. You'll want to give up on a foolish notion.



LIBRA
SEPT 23-OCT 23
An unusual love story gives more satisfaction. Someone you know will cause less vexation. You'll be sensible enough to deal with a change.



SCORPIO
OCT 24-NOV 22
A man tells someone what to do. A travel arrangement must be altered. The extraordinary consequences of an action are felt.



GEMINI
MAY 22-JUNE 21
Your disinterest won't fix someone's failure. You must concentrate to grasp an idea. A scared man will be taken by surprise.



SAGITTARIUS
NOV 23-DEC 21
Someone is infatuated with you. You'll see the truth in a relationship. Technical support influences a major decision.



CANCER
JUNE 22-JULY 22
You can be strong when dealing with the down-hearted. Guide someone who feels lost. Telling the truth has unexpected results.



CAPRICORN
DEC 22-JAN 20
A woman overhears you discussing personal matters. A creep tells a bad joke. Take strong action when someone whines.



LEO
JULY 23-AUG 23
You must be careful while cooking. Someone's love life is challenged by a scandal. Stupid mistakes become a comedy of errors.



AQUARIUS
JAN 21-FEB 18
Fight for justice and refuse to play by the rules. Harmful conditions are cast off and freedom is gained. Don't be anxious about becoming a pest.



VIRGO
AUG 24-SEPT 22
Reconsider your anger over a minor irritation. Forgive an elder for a thoughtless remark. A puzzling ailment will break a bad habit.



PISCES
FEB 19-MARCH 20
You are going in the wrong direction. A buddy's honour is challenged. Someone starts showing you the right kind of attention.



Celebrate family & friends

Come in to Derks and receive your rental Savings Coupon Today!

Derks Formals Menswear

#107, 7004 MacLeod Trail • SE 403.301.3366

www.derks.ca

Save with

yak

Greece 9¢ / min.

Dial 10-10-925 & save today.

www.yak.ca

ADVENTURE!

Teach English Overseas

TESOL Certified in 5-Days

In-Class or Online NO DEGREE REQUIRED!

1-888-270-2941

FREE Info Seminar... Call for details!

Job Guaranteed

globaltesol.com

GLOBAL TESOL COLLEGE

Clickalicious.



\$249.99*

BlackBerry® Storm™ 9530 smartphone

Meet the Storm – the first-ever touchscreen BlackBerry smartphone. It feels better than anything you've held before, because the screen actually clicks like a button when you press it. Feel it for yourself at TELUS.

Get the 3G BlackBerry Storm on Canada's largest 3G network.

TELUS
the future is friendly®

TELUS AUTHORIZED DEALERS

CALGARY NORTHWEST

Market Mall

Beacon Hill Centre

Central Landmark Mall

Dalhousie Station

North Hill Mall

Northland Mall

822 Crowfoot Cres. NW

207 14th St. NW

NORTHEAST

Country Hills Towne Centre

Deerfoot Mall

Marlborough Mall

Sunridge Mall

2420 42nd Ave. NE

1353 32nd Ave. NE

2520 23rd St. NE

2000 McKnight Blvd. NE

323 - 2555 32nd Ave. NE

SOUTHWEST

Chinook Centre

Bankers Hall

Bow Valley Square

MacLeod Plaza

Southcentre Mall

TD Square

Westbrook Mall

Westhills Towne Centre

6039 Centre St. S

835 17th Ave. SW

245 - 225 7th Ave. SW

16061 MacLeod Trail S

264 - 6100 MacLeod Trail S

1 - 4623 Bow Trail SW

203 - 321 6th Ave. SW

5 - 2008 33rd Ave. SW

4825 MacLeod Trail S

SOUTHEAST

Dragon City Mall

TELUS Convention Centre

856 - 33 Heritage Meadows Way SE

1288 42nd Ave. SE

7845 Flint Rd. SE

4410 50th Ave. SE

3012 17th Ave. SE

10836 24th St. SE

109S - 8500 MacLeod Trail S

4949 Barlow Trail SE

Okotoks

181 - 31 Southridge Dr.

118 Elizabeth St.

Strathmore

8 - 55 Wheatland Trail

103 - 331 3rd Ave.

For more details on these great offers, visit your TELUS authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP

BEST BUY

WAL-MART

LONDON DRUGS

Visions
The Best Vision in the Business

Phone availability and price may vary. Prices are subject to change without notice. *Available until March 31, 2009. Effective net price after in-store discount at time of activation. Available for clients (new and renewal) who activate voice and data service with a combination of a voice rate plan and a data add-on totalling \$45 or more on a 3 year term. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. TELUS, the TELUS logo and the future is friendly are trademarks used under licence from TELUS Corporation. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. © 2009 TELUS.